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**CLAIMS**

- 5           1. A ballistic resistant pad for use in protective textile or the like,  
said pad comprising one or more sheets of high-strength fibers,  
and a plurality of elongated metal elements, said metal elements  
being attached to at least one of said sheets so as to give to said  
pad a degree of resiliency to come back close to its original form  
after a local impact.
- 10           2. A pad according to claim 1, wherein said elongated metal  
elements are steel cords.
- 15           3. A pad according to any one of the preceding claims, wherein said  
elongated metal elements are spread over the surface of the  
sheet.
- 20           4. A pad according to any one of the preceding claims, wherein said  
elongated metal elements are present in said pad in the form of a  
fabric of woven or knitted metal elements.
- 25           5. A pad according to any one of the preceding claims, wherein said  
metal elements are attached to all of said sheets.
6. A pad according to any one of the preceding claims, wherein said  
metal elements are attached to at least one of said sheets by  
means of stitching.